

Hawaiian Ham Coconut Rice - USDA Recipe D540

Meal Components: Fruits, Grains, Meat / Meat Alternate

D-65

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		3 qt 2 cups		1 gal 3 qt	1. Boil water.
Brown rice, long-grain, regular, dry	3 lb 4 oz	2 qt	6 lb 8 oz	1 gal	2. Place 1 qt brown rice (1 lb 10 oz) and 1 cup coconut (3 oz) in each steam table pan (12" x 20" x 2 1/2"). 3. Pour boiling water (1 qt 3 cups per steam table pan) over brown rice. Stir. Cover pans tightly. 4. Bake:
Sweetened coconut, shredded	6 oz	2 cups	12 oz	1 qt	5. Remove cooked rice mixture from oven and let stand covered for 5 minutes. Stir rice. 6. Assembly: 7. First layer:
Low-sodium ham, diced 1/4"	6 lb	1 gal 2 cups	12 lb	2 gal 1 qt	8. Second layer:
Sugar	8 oz	1 cup	1 lb	2 cups	9. Third layer:

Canned pineapple tidbits, in 100% juice, drained	8 lb	1 gal (about 2 No. 10 cans)	16 lb	2 gal (about 4 No. 10 cans)	
Sweetened coconut, shredded	3 oz	1 cup	6 oz	2 cups	
Reduced-fat Cheddar cheese, shredded	1 lb 6 oz	2 qt	2 lb 12 oz	1 gal	
Pineapple juice		1 qt 2 cups		3 qt	10. Fourth layer:
Whole-grain bread crumbs, plain (See Notes)	13 oz	3 cups	1 lb 10 oz	1 qt 2 cups	11. Fifth layer:

12. Bake until cheese is melted and bread crumbs are lightly toasted:

13. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

14. Critical Control Point: Hold for hot service at 135 °F or higher.

15. Portion with 8 fl oz spoodle (1 cup).

Notes

Cooking Process #2: Same Day Service

Serving

NSLP/SBP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz equivalent meat/meat alternate, ¼ cup fruit, and 1 ¼ oz equivalent grains.

CACFP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz meat/meat alternate, ¼ cup fruit/vegetable, and 1 ¼ oz grains/bread.

Whole-Grain Bread Crumbs Recipe

For 50 servings:

8 slices of whole-grain bread

For 100 servings:

16 slices of whole-grain bread

Lightly toast whole-grain bread slices. Tear into small pieces. Insert into a food processor and pulse until coarse crumbs form. Place on a small baking sheet and bake in oven at 350 °F for 2-3 minutes until browned and dry. Toss occasionally. Cool and store in an airtight container.

Serving	Yield	Volume
See Notes	50 Servings: about 29 lb 8 oz 100 Servings: about 60 lb	50 Servings: about 3 gallons 3 quarts 2 cups / 2 steam table pans (12" x 20" x 2 1/2") 100 Servings: about 7 gallons 3 quarts / 4 steam table pans (12" x 20" x 2 1/2")

Nutrients Per Serving					
Calories	278	Saturated Fat	4 g	Iron	1 mg
Protein	18 g	Cholesterol	34 mg	Calcium	73 mg
Carbohydrate	35 g	Vitamin A	122 IU	Sodium	665 mg
Total Fat	8 g	Vitamin C	14 mg	Dietary Fiber	3 g